

# Adult Wellness Guidelines

## *Adult health – for ages 18 and over*

Preventive care is very important for adults. By making some good basic health choices, women and men can boost their own health and well-being. Some of these positive choices include:

- Eat a healthy diet
- Get regular exercise
- Don't use tobacco products
- Limit alcohol use
- Strive for a healthy weight

## *Adult recommendations*

Screenings	
Physical Exam	Every year, or as directed by your doctor.
Body Mass Index (BMI)	Every year.
Blood Pressure (BP)	At least every two years.
Colon Cancer Screening	Beginning at age 50 — colonoscopy every 10 years, or flexible sigmoidoscopy every five years or fecal blood test annually.
Diabetes Screening	Those with high blood pressure or high cholesterol should be screened. Others, especially those who are overweight or have a close family history of diabetes, should consider being screened every three years.
Vision Screening	Every year.
Immunizations	
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Get Tdap vaccine once, then a Td booster every 10 years.
Influenza (Flu)	Every year.
Herpes Zoster (Shingles)	One dose given at age 60 and over.
Varicella (Chicken Pox)	Two doses if no evidence of immunity.
Pneumococcal (Pneumonia)	One or two doses for adults age 65 and older, or one or two doses depending on indication.
Measles, Mumps, Rubella (MMR)	One or two doses for adults ages 18-55 if no evidence of immunity.
Human Papillomavirus (HPV)	Three doses for women ages 19-26 if not already given. Three doses for men ages 19-21 if not already given.*
Hepatitis A	Two or three doses for adults age 19 and over.**
Hepatitis B	Three doses for ages 19 and over.**

\* Recommendations may vary. Discuss the start and frequency of screenings with your doctor, especially if you are at increased risk.  
\*\* For select populations. Discuss with your doctor if this vaccine is right for you.

## Women's health

Women have their own unique health care needs. To stay well, they should make regular screenings a priority. Women should discuss the recommendations listed on the chart with their doctors.

Women's recommendations	
Mammogram	Every year for women beginning at age 40.*
Cholesterol	Starting age and frequency of screenings are based on your individual risk factors. Talk with your doctor about what is best for you.
Pap Test	Women ages 21-65: Pap test every three years. Another option for ages 30-65: Pap test and HPV test every five years. Women who have had a hysterectomy or are over age 65 may not need a Pap test.*
Osteoporosis Screening	Beginning at age 65, or at age 60 if risk factors are present.*
Aspirin Use	At ages 55-79, talk with your doctor about the benefits and risks of aspirin use.
Pelvic Exam	Every year for ages 19 and over.
Folic Acid	Women planning/capable of pregnancy should take a daily supplement containing .4-.8 mg of folic acid for prevention of neural tube defects.

## Men's health

Men are encouraged to get care as needed and make smart choices. That includes following a healthy lifestyle and getting recommended preventive care services. Men should discuss with their doctors the recommendations shown in the table.

Men's recommendations	
Cholesterol	Ages 20-35 should be tested if at high risk. Men age 35 and over should be tested.
Prostate Cancer Screening	Ages 50 and over, discuss the benefits and risks of screening with your doctor.*
Abdominal Aortic Aneurysm	Once between ages 65 and 75 if you have ever smoked.
Aspirin Use	At ages 45-79, talk with your doctor about the benefits and risks of aspirin use.

*\* Recommendations may vary. Discuss screening options with your doctor, especially if you are at increased risk.*

*Sources: American Cancer Society, U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention, U.S. Preventive Services Task Force. These are independent agencies that provide health information on behalf of your health plan.*

